

Q-TIP 5/30/17

Happy Tuesday my Friends,
Hope everyone enjoyed their long Memorial Day weekend.

This is our last Q-Tip for May so I wanted to share:

UNLIKELY HAPPINESS

“My life has no purpose, no direction, no aim, no meaning, and yet I’m happy. I can’t figure it out. What am I doing right?” (Charles Schulz)

Some days we just feel good for no particular reason. Let’s not pick this feeling apart and analyze it away. Let’s just enjoy it.

NOTE TO SELF:

If I feel good, I’m going to count myself lucky and have a great day
(Linda Picone)

All you have is now. (Zen proverb)

“Even though there are days I wish I could change some things that happened in the past, there’s a reason the rear view mirror is so small and the windshield is so big. Where you’re headed is much more important than what you’ve left behind.” (A Simple Peaceful Life)

Today, wear **HAPPY** and share that feeling with everyone you come in contact with, whether it is talking on the phone with a customer or talking with a colleague next to you. We can create an incredible, positive, productive work environment. And to think all it takes is sharing a little happiness.

Wishing everyone a great week

Susie Q for QSPAC signing off.

Q-Tip 5/22/17

Happy Monday My Friends,

Today's encouragement is focusing on believing in ourselves.

OUR POTENTIAL

"There are admirable potentialities in every human being. Believe in your strength and your youth. Learn to repeat endlessly to yourself, 'It all depends on me'." (Andre Gide)

Young or not, we can believe in ourselves and in our ability to get things done. The alternative – to be convinced that whatever we do makes no difference – gets us nowhere. Positive self-talk, like that of the locomotive in "THE LITTLE ENGINE THAT COULD" ("I think I can, I think I can"), can be surprisingly effective. Just as surprising is how often we forget this.

NOTE TO SELF: I will keep telling myself that I can make things happen, that what I do is important, until I believe it. (Linda Picone)

There are only two mistakes one can make along the road to truth; not going all the way and not starting. (Buddha)

Do the right thing, even when no one is looking. It's called integrity (Positive energy.com)

I have watched "The Little Engine that Could" and by the time he made it to the top he was repeating "I know I can, I know I can" so this week and the weeks to come, instead of saying "I think I can" take the time to say to yourself, "I know I can."

Wishing everyone a positive week

Susie Q for QSPAC signing off

Q-TIP 5/15/17

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Happy Monday My Friends,

Can't believe we are half way through the month of May. As we approach the mid year mark I wanted today's quotes to be focused on bettering ourselves, for the job and our own personal lives.

DOING OUR BEST

"I have done my best. That is about all the philosophy of living one needs." (Lin Yutang)

We don't always do our best. Sometimes we rush through an unpleasant task, put in a half-hearted effort on a menial task, or fail to finish a task we weren't required to do. We know when we're not doing our best, and it tends to make us feel bad. Our lives are very complicated. Maybe we can't always do things perfectly. But we can try to do our best, even if we're the only ones who know it.

NOTE TO SELF: I may not always be able to do things as well as I would like, but I can still try to do the best I can, given the time and priorities I have. (Linda Picone)

No one saves us but ourselves. No one can and no one may. We ourselves must walk the path. (Buddha)

Make the most of yourself, for that is all there is of you. (Ralph Waldo Emerson)

We should never be too busy to do things the right way.

Every one of us has the ability to do the job to best of our ability. Do not be afraid to step out and take the lead, whether it be speaking with a co-worker, on the phone with a customer, processing paperwork, working leads or quotes or whatever your job requires. We are all here with one goal in mind. To further QSPAC's excellent service. We should be here to support each other, as we are a team.

If we do the BEST we possibly can we will end our day feeling a wonderful sense of fulfillment.

Wishing everyone a happy and productive week.

Susie Q for QSPAC signing off

Q-Tip 5/8/17

Happy Monday My Dear Friends

Have you ever had just one of those days or weeks that you just wish you could get off that merry-go round. This week's tip will be focusing on how we should just stop the noise and take time to regroup.

QUIET

"Never be afraid to sit awhile and think." (Lorraine Hansbury)

Hustle and bustle are part of our lives. We live with constant background noise: the sounds of human activity on the one hand-cars, aircraft, heavy machinery, music players-and the sounds of the natural world on the other hand-birds, insects, wind, thunder.

We rarely get the chance to experience quiet-and when we do, we often behave as if we're afraid of it. No one home? Quick, turn on the television. A few moments in the car? Search for something on the radio. Going for a walk? Plug in earphones and listen to music.

Once in awhile, we need to embrace silence.

NOTE TO SELF:

Quiet is a luxury that costs me nothing. I can take a few moments each day to simply sit and think, without the need of any foreground or background noise. (Linda Piccone)

The quieter you become, the more you are able to hear. (Lao Tzu)

From the POWEROFPOSITIVITY.COM

Think positive, speak positive and positive things will happen.

"You don't have to watch what you say if you watch what you think."

(Bill Johnson)

Wishing every one a wonderful week.

Susie Q for QSPAC signing off

Q-Tip 5/1/17

Happy First Day of May my friends,
I want to start this new month's message focusing on ourselves. If we can first accept who we are and where we should be in life, then we might better be able to treat others, whether it be co-workers, friends, family or even strangers with kindness, compassion and understanding.

LOVING OURSELVES

"You, yourself, as much as anybody in the entire universe, deserve your love and affection." (Buddha)

No one is harder on us than we are on ourselves. We see only our physical flaws when we look in the mirror. We remember only our mistakes when we look back on the day we've just spent. We sometimes beat ourselves up even when we've done nothing wrong. And yet, others like us. Some even love us. What do they see in us that we don't? It's good to be honest with ourselves, but we also should be kind. We can give more love and affection to others if we start with love and affection for ourselves.

NOTE TO SELF: I am a good person, trying to do the best I can. I will remember this and be as nice to myself as I try to be to others. (Linda Picone)

If you understand others, you are smart. If you understand yourself, you are illuminated. (Lao Tzu)

Change your thoughts and you change the world. (Norman Vincent Peale)

As I was speaking with Stephanie this morning and discussing this weeks Q-Tip she shared a quote with me that was a perfect note to close with: "No one can make you feel inferior without your consent." (Eleanor Roosevelt)

Wishing everyone a special week.
Susie Q for QSPAC signing off